

 food
network

Mike's Clam Chowder

READY IN



25 min.

SERVINGS



8

CALORIES



350 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 5 slices bacon
- 3 bay leaves
- 0.5 stick butter
- 5 cups bottled clam juice
- 2 pounds clams fresh diced
- 0.5 cup flour all-purpose
- 2 cups half and half
- 8 servings kosher salt and pepper white
- 2 tablespoons freshly parsley leaves chopped

- 1 pound potatoes diced
- 1 tablespoon freshly thyme leaves chopped
- 1 small onion diced yellow

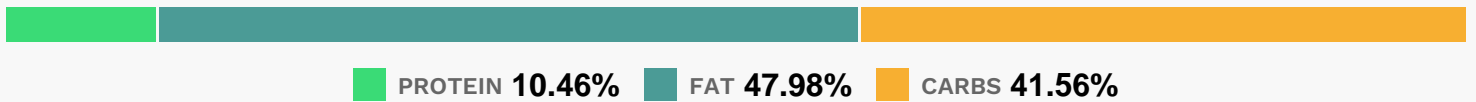
Equipment

- whisk
- pot

Directions

- Bring the clam juice and diced potatoes to a boil in a large soup pot. Cook until the potatoes are tender. Set aside.
- To make roux: In a pot, render the bacon, until crispy. Stir in the onion until it's translucent.
- Add bay leaves, thyme and butter and let it melt.
- Whisk in the flour and let the roux cook until it turns golden brown, about 3 to 4 minutes.
- Bring the clam juice and potato back to a boil.
- Whisk in a ladleful of clam juice into the roux then gradually whisk the roux into the soup pot until it thickens. Then whisk in the half and half and heat to a simmer while whisking.
- Add the clams and let simmer for 2 to 3 minutes. Then add the parsley and kosher salt and pepper to taste.
- Serve hot with oyster crackers.

Nutrition Facts



Properties

Glycemic Index:42.47, Glycemic Load:11.96, Inflammation Score:-8, Nutrition Score:12.475652326708%

Flavonoids

Apigenin: 2.18mg, Apigenin: 2.18mg, Apigenin: 2.18mg, Apigenin: 2.18mg Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 2.18mg, Quercetin: 2.18mg, Quercetin: 2.18mg, Quercetin: 2.18mg

Quercetin: 2.18mg

Nutrients (% of daily need)

Calories: 349.79kcal (17.49%), Fat: 18.76g (28.87%), Saturated Fat: 9.78g (61.13%), Carbohydrates: 36.57g (12.19%), Net Carbohydrates: 34.21g (12.44%), Sugar: 8.24g (9.16%), Cholesterol: 50.54mg (16.85%), Sodium: 916.49mg (39.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.21g (18.41%), Vitamin B12: 2.16µg (36.04%), Vitamin C: 22.5mg (27.28%), Selenium: 13.43µg (19.19%), Vitamin K: 18.85µg (17.95%), Phosphorus: 173.76mg (17.38%), Vitamin B6: 0.34mg (17.24%), Vitamin A: 796.54IU (15.93%), Potassium: 519.15mg (14.83%), Vitamin B1: 0.2mg (13.47%), Vitamin B2: 0.22mg (12.93%), Manganese: 0.24mg (11.77%), Vitamin B3: 2.12mg (10.61%), Folate: 41.72µg (10.43%), Calcium: 100.93mg (10.09%), Fiber: 2.36g (9.46%), Iron: 1.64mg (9.12%), Magnesium: 36.05mg (9.01%), Copper: 0.15mg (7.28%), Vitamin B5: 0.63mg (6.27%), Zinc: 0.87mg (5.81%), Vitamin E: 0.67mg (4.48%)